



2019 Suffolk County Half Marathon Novice Training Program

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Cross Train	3 Miles	3 Miles or Cross Train	3 Miles	Off	Cross Train	5 Miles
2	Cross Train or Off	3 Miles	3 Miles or Cross Train	3 Miles	Off	Cross Train	4 Miles
3	Cross Train	3 Miles	3 Miles	3 Miles	Off	Cross Train	6 Miles
4	Cross Train or Off	4 Miles	3 Miles	4 Miles	Off	Cross Train	4 Miles
5	Cross Train	4 Miles	3 Miles at Goal HM Pace	4 Miles	Off	Cross Train	8 Miles
6	Cross Train or Off	4 Miles	4 Miles	4 Miles	Off	Cross Train	6 Miles
7	Cross Train	5 Miles	4 Miles	5 Miles	Off	Cross Train or Off	10 Miles
8	Cross Train or Off	5 Miles	4 Miles at Goal HM Pace	5 Miles	Off	Cross Train	8 Miles
9	Cross Train	5 Miles	5 Miles	5 Miles	Off	Cross Train or Off	12 Miles
10	Cross Train or Off	4 Miles	5 Miles	4 Miles	Off	Cross Train or Off	10 Miles
11	Cross Train or Off	4 Miles	5 Miles at Goal HM Pace	4 Miles	Off	Cross Train	8 Miles
12	Cross Train	4 Miles	4 Miles at Goal HM Pace	Cross Train or Off	Off	Easy 20 Minute Run	Suffolk County Half Marathon
	Off	Off	20 Minute Run	Off	Off	20 Minute Run	Off

Program written by Mike Petrina, head coach of the Sayville-Smithtown Distance Training Program.

For more information-www.sayvillerrunning.com/pages/training

Contact - Mike.Petrina@SayvilleRunning.com